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› OURA Ring 4 - Gold - Size 4 - Instruction Manual

OURA JZ90-54216-04

OURA Ring 4 - Gold - Size 4 Instruction Manual

Model: JZ90-54216-04

1. INTRODUCTION

The OURA Ring 4 is the latest evolution of the smart ring, designed to provide comprehensive insights into your health. Featuring an all-titanium design, it utilizes Smart Sensing technology to measure over 50 health metrics, including sleep, readiness, activity, heart health, stress, metabolic health, and women's health. The ring offers 5 to 8 days of battery life and supports multi-ring functionality, allowing you to switch styles easily within the OURA App.



Image: OURA Ring 4 in Gold, showcasing its sleek design.

2. WHAT'S IN THE BOX

- Oura Ring 4
- Oura Ring 4 Charger
- USB Cable
- Information Booklet
- Quick Start Guide



Looking to gift Oura Ring 4? We've got the perfect kit.

Image: The OURA Ring 4, its charging base, and USB cable, as typically found in the product packaging.

3. SETUP

3.1. Accurate Sizing

The OURA Ring 4 uses unique sizing that differs from standard jewelry rings. It is essential to use the OURA Ring 4 Sizing Kit to determine your perfect fit before purchasing the actual ring. This ensures optimal accuracy and comfort for continuous wear.



Image: The OURA Ring 4 Sizing Kit, containing multiple plastic rings to help users find their correct size.

3.2. Sizing Tutorial Video

Your browser does not support the video tag.

Video: An official OURA tutorial demonstrating how to use the sizing kit to find the optimal ring size for the OURA Ring 4.

3.3. App Download & Pairing

1. Download the OURA App from the App Store (iOS) or Google Play Store (Android).
2. Follow the in-app instructions to pair your OURA Ring 4 with your smartphone via Bluetooth.
3. Ensure your ring is charged and close to your phone during the pairing process.

4. OPERATING THE OURA RING 4

The OURA Ring 4 continuously monitors your health metrics throughout the day and night. All data is accessible and visualized through the OURA App.

4.1. Health Metrics Tracking

- **Sleep:** Tracks total sleep, efficiency, restfulness, REM sleep, deep sleep, and latency.
- **Readiness:** Provides a daily score based on sleep, activity, and physiological signals.
- **Activity:** Monitors steps, active calories burned, inactive time, and activity score.
- **Heart Health:** Measures resting heart rate and heart rate variability (HRV).
- **Stress:** Detects physiological stress levels throughout the day.
- **Metabolic Health:** Offers insights into your body's metabolic responses.
- **Women's Health:** Tracks menstrual cycles and detects hormonal shifts.



Image: The OURA App interface, illustrating how various health metrics are displayed and tracked.

4.2. Multi-Ring Support

If you own multiple OURA Ring 4 styles, you can easily switch between them within the OURA App, allowing for seamless integration of your health data across different rings.

5. MAINTENANCE

5.1. Charging

The OURA Ring 4 offers a battery life of 5 to 8 days. To charge, place the ring on its dedicated charger, ensuring proper alignment. Connect the USB cable to the charger and a power source. The ring typically charges within 20 to 80 minutes.

Your browser does not support the video tag.

Video: A 360-degree view of the OURA Ring 4 in Gold, demonstrating how it sits on its charging base.

5.2. Water Resistance

The OURA Ring 4 is water resistant up to 100 meters, making it suitable for swimming and showering. However, prolonged exposure to harsh chemicals or extreme temperatures should be avoided to maintain its integrity.

What's in the Box



Oura Ring 4

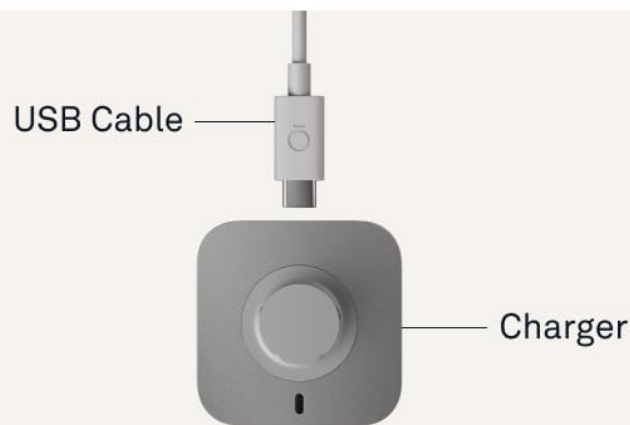


Image: The OURA Ring 4 worn on a finger, partially submerged in water, highlighting its water-resistant design.

6. TROUBLESHOOTING

- **Connectivity Issues:** Ensure Bluetooth is enabled on your smartphone and the ring is within range. Restart both the app and your phone if problems persist.
- **Inaccurate Readings:** Verify that your ring fits snugly and securely on your chosen finger. Ensure the sensors are clean and free from debris.
- **Battery Not Charging:** Check that the USB cable is properly connected to both the charger and the power source. Ensure the ring is correctly seated on the charging base.
- **App Not Syncing:** Close and reopen the OURA App. Check for any available app updates in your phone's app store.

7. SPECIFICATIONS

Feature	Detail
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Product Dimensions	0.98 x 0.98 x 0.28 inches
Item Weight	6.4 ounces
ASIN	B0D9WW8V53
Item model number	JZ90-54216-04
Batteries	1 Lithium Polymer batteries required. (included)
Date First Available	October 3, 2024
Manufacturer	Oura
Operating System	Android, iOS
Special Feature	Activity Tracker, Cycle Tracking, Daily Workout Memory, Lightweight
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Battery Cell Composition	Lithium Polymer
GPS	GPS Via Smartphone
Shape	Round
Brand	OURA
Style	Metallic
Color	Gold

8. WARRANTY AND SUPPORT

For warranty information, technical support, or any inquiries regarding your OURA Ring 4, please refer to the official OURA website or contact OURA customer service directly. Details can be found in the Information Booklet included with your product.